

Variable	Mean	SD	Min	Max
Age	38.5	12.5	18	65
Gender	Male	Female		
Marital status	Married	Single		
Education	High school	College		
Occupation	Manager	Worker		
Income	Low	High		
Health status	Good	Poor		
Smoking status	Smoker	Non-smoker		
Alcohol consumption	Regular	Occasional		
Exercise frequency	High	Low		
Stress level	High	Low		
Sleep quality	Good	Poor		
Dietary habits	Healthy	Unhealthy		
Family size	Small	Large		
Work-life balance	Good	Poor		
Life satisfaction	High	Low		
Resilience	High	Low		
Optimism	High	Low		
Gratitude	High	Low		
Forgiveness	High	Low		
Empathy	High	Low		
Compassion	High	Low		
Kindness	High	Low		
Generosity	High	Low		
Patience	High	Low		
Self-control	High	Low		
Emotional stability	High	Low		
Psychological well-being	High	Low		
Life purpose	Clear	Unclear		
Meaning in life	High	Low		
Existential fulfillment	High	Low		
Transcendental experience	High	Low		
Spiritual growth	High	Low		
Religious faith	High	Low		
Moral integrity	High	Low		
Character strength	High	Low		
Personal growth	High	Low		
Self-awareness	High	Low		
Emotional intelligence	High	Low		
Interpersonal skills	High	Low		
Communication skills	High	Low		
Conflict resolution	High	Low		
Problem-solving skills	High	Low		
Decision-making skills	High	Low		
Leadership skills	High	Low		
Teamwork skills	High	Low		
Networking skills	High	Low		
Public speaking skills	High	Low		
Writing skills	High	Low		
Reading skills	High	Low		
Language skills	High	Low		
Mathematical skills	High	Low		
Scientific skills	High	Low		
Artistic skills	High	Low		
Musical skills	High	Low		
Dance skills	High	Low		
Acting skills	High	Low		
Modeling skills	High	Low		
Cooking skills	High	Low		
Gardening skills	High	Low		
Handicraft skills	High	Low		
DIY skills	High	Low		
Programming skills	High	Low		
Engineering skills	High	Low		
Medical skills	High	Low		
Legal skills	High	Low		
Business skills	High	Low		
Marketing skills	High	Low		
Sales skills	High	Low		
Customer service skills	High	Low		
Project management skills	High	Low		
Time management skills	High	Low		
Organization skills	High	Low		
Planning skills	High	Low		
Execution skills	High	Low		
Monitoring skills	High	Low		
Evaluation skills	High	Low		
Feedback skills	High	Low		
Adaptability skills	High	Low		
Flexibility skills	High	Low		
Resilience skills	High	Low		
Stress management skills	High	Low		
Emotional regulation skills	High	Low		
Self-regulation skills	High	Low		
Goal setting skills	High	Low		
Problem-solving skills	High	Low		
Decision-making skills	High	Low		
Leadership skills	High	Low		
Teamwork skills	High	Low		
Networking skills	High	Low		
Public speaking skills	High	Low		
Writing skills	High	Low		
Reading skills	High	Low		
Language skills	High	Low		
Mathematical skills	High	Low		
Scientific skills	High	Low		
Artistic skills	High	Low		
Musical skills	High	Low		
Dance skills	High	Low		
Acting skills	High	Low		
Modeling skills	High	Low		
Cooking skills	High</			



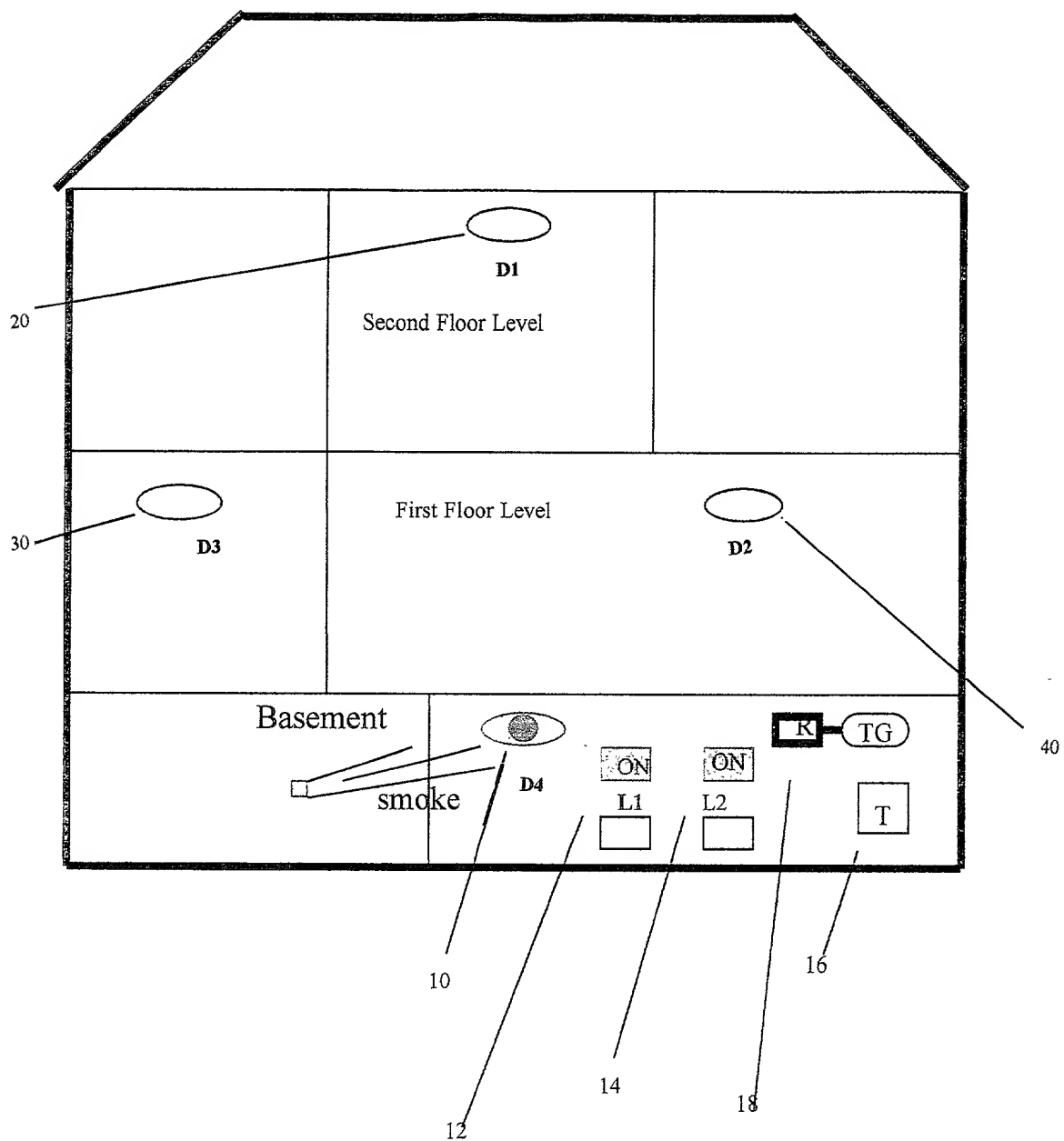


Fig. 2.1

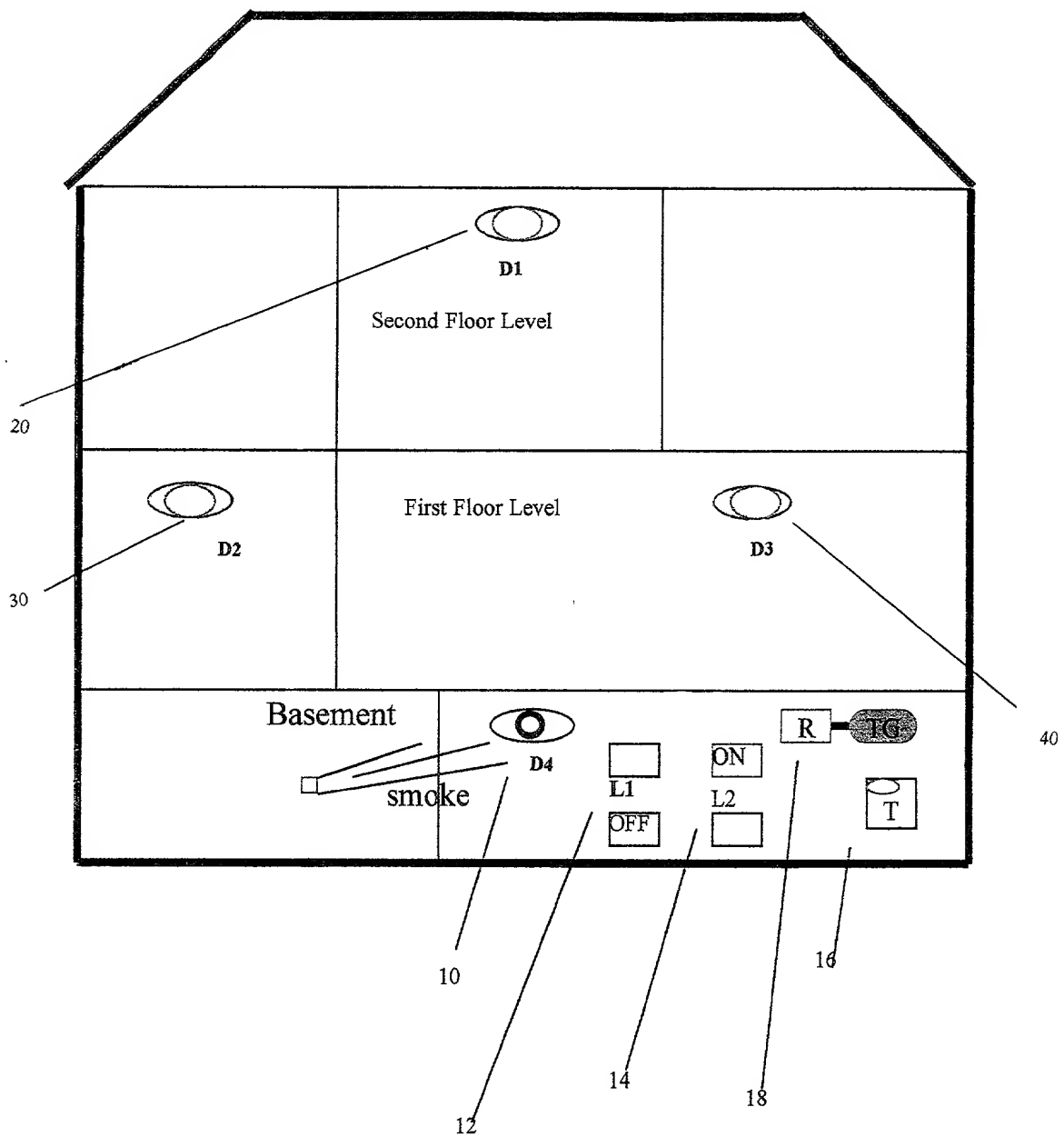


Fig. 2.2

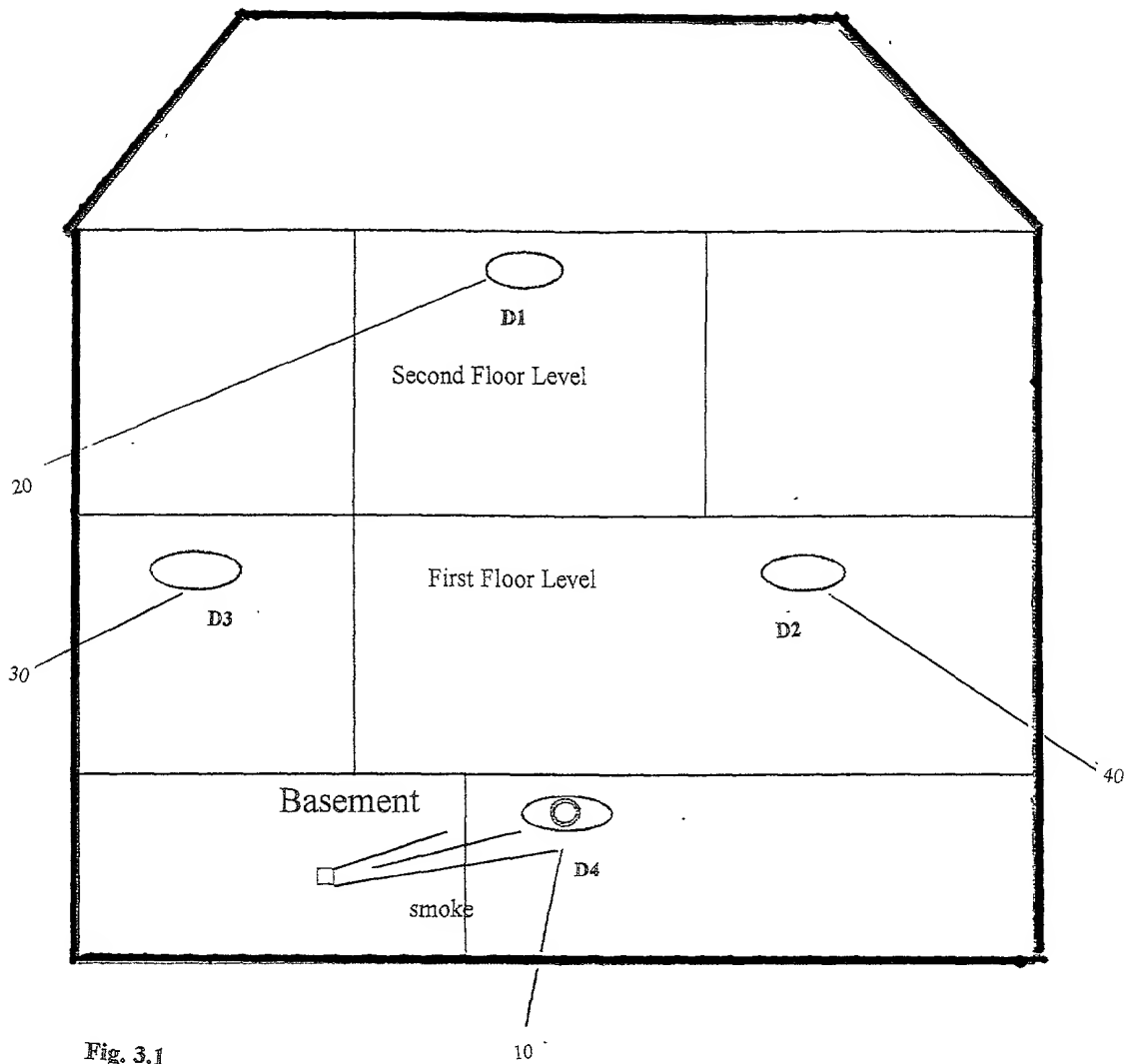


Fig. 3.1

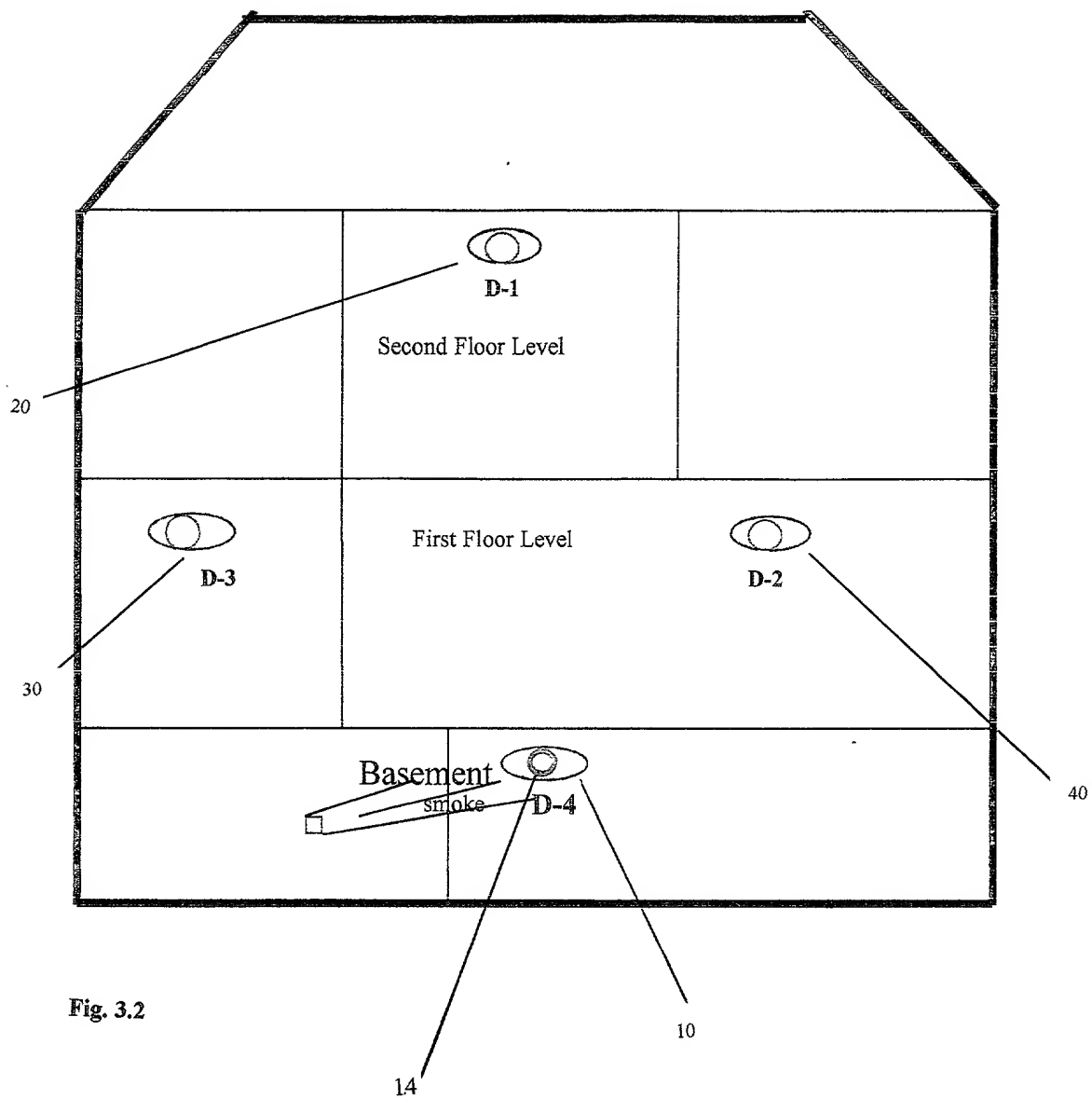


Fig. 3.2